



50+ Recreation

October 2017

Our mission is to enrich the lives of our citizens.

ISSUE 10

www.ColumbusRecParks.com

50+ Fall Walking Jamboree

Friday, October 6
Smith Farms' Barn
3285 Watkins Rd., 43207
8:30 am check-in; 9 am start

Join us for a fun walk around the farm and Three Creeks Park. We will use three trails ranging from 1 to 4 miles.

Refreshments, line dancing, hayride and prizes

Fall Harvest Jamboree

Bring the family to the Smith Farms for an afternoon of fun.

Saturday, September 30

Noon- 5 pm

Free admission; Parking \$5 per vehicle

Free pumpkins for ages 12 & under while they last.

Hay rides, straw maze, climbing wall (\$2), horseback rides (\$5), games and art activities

Golden Hobby Shop

630 S. Third St. in German Village
Columbus, Ohio 43206
Phone 614-645-8329

Shop Hours of Operation: Tuesday- Saturday
10 am – 5 pm
Free parking

Golden Hobby Gift Shop has begun the transition to Fall, Halloween and Thanksgiving. We have items to brighten your door, decorate your tables, create beautiful place settings, theme your front porch and buy unique little take-alongs for places you may be going. Golden Hobby Gift Shop will be offering *FREE* classes in October and November.

Saturday, October 14 1-3 pm

Learn to make woven fleece – good for pillows, wearables and other comfy things.

Saturday, November 14 (kids and adults)

Paint candy corn pots and make edible cornucopias.

To register, go to Eventbrite.com.

October 2017

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Newsletter Editor: Wendy Frantz 645-7427

Dance

Gillie Dance

Line Dance *Beginners* **Tuesdays** **1 pm**
Advanced **Tuesdays** **2 pm**
Intermediates **Fridays** **10:30 am**

Move & Groove **Mondays** **7:30 pm**

Tap Dance:

Advanced **Wednesdays** **10 am**

Beginning **Wednesdays** **10:50 am**

Ballet Class **Wednesdays** **5 pm**

Gillie Wednesday Evening Dance Information

6:30 – 9 pm **Admission: \$5**

Come early for line a line dance session: 6:30-7 pm.

The DJ begins spinning a variety of dance music at 6:30 pm. Refreshments served, dancing until 9 pm.

Weekly Themes:

October 4 *Columbus Day/ Birthdays and Anniversaries*

October 11 *Apple Picking Time*

October 18 *Barn Dance*

October 25 *Halloween Party*

Marion Franklin

Line Dance (Intermediate)

Mondays, Wednesdays and Fridays **10-11 am**

Beginners *Wednesdays* **11:15 am**

Men's *Tuesdays and Thursdays* **1 pm**

Line Dance Workout Tuesday and Thursday 10 am

Tap Dance **Tuesdays** **11:15 am**

Evening Line Dance

Beginners *Tuesdays and Thursdays* **5:30-6:30 pm**
\$20 per person, per session

Urban Ballroom Dancing

Tuesdays **7-8:30 pm** **\$25 per person, per session**

Zumba

Wednesdays **6-7 pm** **\$25 per person, per session**

50+ Water Exercise

Water aerobics will begin on **Monday, September 25.**

Mondays and Wednesdays

Columbus Aquatic Center

1160 Hunter Ave. 43201

Per visit will be \$2 and a 6 or 7 week pass will be \$20.

Alice is the instructor. For more information, call 645-3129.

Red Hat Activities

Gillie's Fillies *Mark your Calendars!*

Out to Lunch

Monday, October 16 **Noon**

El Ranchero Kitchen - 984 Morse Rd, 43229

Trips

Dodge

645-8151

Walking Jamboree at Smith Farms

Friday, October 6 **8 am** **Free**

Come on out for a wonderful fall morning walk at Smith Farms. Trails will range from 1- 4 miles Get out and enjoy the fall weather. Dress comfortably put on some good walking shoes. There will be refreshments, line dancing, hayrides and prizes!

Bob Evans Festival in Rio Grande, Ohio

Friday, October 13 **8 am**

Cost \$7 for transportation and gas only; \$6

admission the day of the event to pay at the gate.

Be sure to bring additional money the day of the trip to purchase items or food at the festival. Wear

comfortable walking shoes, dress for the weather.

Rio Grande is 1 hour and 40 minutes from Columbus.

So this trip will be all day.

Circleville Pumpkin Show

Friday, October 21 **9:30 am** **Cost \$5**

Join us as we travel to the beautiful Roundtown of Ohio. Enjoy all that is pumpkin on our annual trip to this fun filled fall festival. Wear comfortable shoes and bring extra money to try something pumpkin that you have never tried before. We always look forward to going to this event. We will make a pit stop at Renick's Market on the way back to Columbus.

Gillie

645-3106

For Gillie Trip Policy, please call 645-3106.

Gillie Historic Tour Series:

Transportation in the Ohio Country

☞The Cuyahoga Valley Railway

Wednesday, October 18 **8 am -5 pm** **Cost \$20**

Enjoy a train ride through Ohio's only National Park with a stop at the village of Peninsula. Lunch on our own at The Winking Lizard. Bring water and snack please. Call Jim for more information.

☉ **Registration begins Wednesday, October 4. ☉**

Gillie trips continued on page 3.

Trips

Gillie **645-3106**

Amish Experience

Friday, October 27 **8:30 am** **Cost \$25**

Join us for visit to the studio of David Warther, a 5th generation wood carver who specializes in mini ship building. We will learn to history of wooden ships and see David's wonderful collection. Lunch will be on you at the Dutch Valley Restaurant for some good Amish cooking.

Then we will visit and shop at Walnut Creek Cheese and Millers Farm Market.

Registration begins Friday, October 13.

Lazelle **645-5330**

Some trips will have a fee. Please contact center for more information.

Walking Jamboree

Friday, October 6

Wright Pat

Friday, October 13

Marion Franklin **645-3612**

Breakfast and Movie

Tuesday, October 10 **8:30 am** **Cost \$5**

Movie will be determined a week prior, based on showings and times. Please submit movie suggestions the Friday before trip.

Please register at the front desk.

Scavenger Hunt

Wednesday, October 25 **9:30 am**

Cost \$5 (Transportation Only)

Join us as we head out to local thrift stores and bargain outlets to catch deals legends are made of, and then we grab lunch before heading back to share news of our finds.

Please register at the front desk.

Martin Janis **645-5954**

Fairfield County Fair

Thursday, October 12 **10 am**

Cost: \$10 for transport, \$5 admission to fair (payed at the gate), lunch on your own

The Fairfield County Fair is known as The Last and Best of the Season. The goal of the fair is to provide a family oriented event with fun for all ages. So come check out why so many consider the Fairfield County Fair a great county fair and continue to come back year after year.

Martin Janis (continued) **645-5954**

Bob Evans Farm Festival

Friday, October 13 **9:30 am**

Cost: \$10 for transport, Admission to festival \$6 (paid at gate), lunch on your own

Bob Evans Farm Festival takes place at the original Bob Evans Farm in Rio Grande. This celebration of the harvest season attracts thousands with its entertainment, traditional crafts, farm contests, food, children's activities and demonstrations.

Circleville Pumpkin Festival

Thursday, October 19 **10:30 am**

Cost: \$10 for transport, lunch on your own

Circleville Pumpkin Show is said to be Ohio's oldest and largest pumpkin celebration. Events include the world's largest pumpkin pie and pumpkin carving. Many displays, arts, crafts and live entertainment also accompany the festivities as well as plenty of pumpkins, squash and gourds.

Apple Butter Stirrin Festival

Friday, October 20 **10 am**

Cost: \$10 for transport, admission to festival \$5, lunch on your own

Apple Butter Stirrin Festival at Historic Roscoe Village in Coshocton is host to over 100 talented artisans and crafters. This invitational festival celebrates the sights, sounds and scents of autumn. Smell the fresh apple butter simmering over an open fire and stroll through the street to a variety of music including bluegrass, country, gospel and tunes from days gone-by. Find a quilt raffle, artisans' items raffle and fun, unique contests to enter, and don't miss various educational and entertaining outdoor demonstrations throughout the weekend.

Hocking Valley Scenic Railway

Thursday, October 26 **11 am**

Cost: \$10 for transport, \$15 for train ride, lunch on your own

Fall foliage train rides at Hocking Valley Scenic Railway. The 22-mile round trip to Logan, Ohio and back are leisurely rides along the Hocking River and Appalachian foothills. Choose to ride in either the 1920's commuter coaches or open air cars. The most used engine is a diesel locomotive built in 1952. The interesting history of the area and the railway are highlighted by the conductor's narrative as the train passes by a canal lock, historic old company towns and other landmarks while following the Hocking River through rolling hills filled with natural fall splendor.

Trips

Whetstone **645-3217**

Note: Any participant signing up for Whetstone trips must present payment at the time of registration.

ALL ARE WELCOME ON THIS TRIP!

Wednesday, October 11 9 am Cost \$4

We will once again head south to Rumples Corner to enjoy some Amish eats, beautiful scenery and ok fellowship. *Please let Mike know you want to attend.*

Mike's Taste of Italia

Wednesday, October 18 10:30 am

A surprise and Mike will pick where to eat. Get on the list. Guarantee you will like it, unless you don't.

Hikes with Mike

Wednesday, October 25 Cost \$4

We will stay close in case Brenna decides to make an appearance. *Call Mike to get on this exciting trip.*

Walk with a Doc

Take steps to a healthier you with Walk with a Doc. Take an hour-long walk led by a Mount Carmel Health Physician. Walkers can come and walk for as little or as long as they like and enjoy good company, a healthy snack and fun prizes.

Walks are held inside during bad weather.

2017 Walking Dates - 8:30 - 9:30 am

Marion Franklin & Woodward Park

Oct 7, 21

Nov 4

Far East & Dodge

Oct 14, 28

Nov 11

2017 Senior Living Festival

Friday, October 27

10 am – 2 pm

The Hollywood Casino

200 Georgesville Rd. Columbus, OH 43228

Free Admission, Parking and Medicare Comparisons

Entertainment includes:

Two for the Road

Tad Lamb and Vincent Mason are seasoned musicians who have been the lead singers and guitarists in several musical groups. Together, they bring over sixty years of performance experience to every show they present. This unique duet will be performing many of the songs that celebrate the American experience.

Sabrina Tutstone

Columbus native, Sabrina Tutstone, is an accomplished musician, songwriter, seasoned vocalist and mentor. She has performed worldwide before diverse audiences. Her smooth jazz vocals have accompanied such performers as Midnight Star, Shirley Murdock, Brian Culberson and the late Gene Walker and Hank Marr. Sabrina is moved by Gospel, touched by jazz and lifted by rhythms that SPEAK LIFE!

Helene Masiko is (Almost) "Cher"

Helene's extensive background and years of experience, including a National Tour with the Broadway show "HAIr", among many others, as well as Film, TV and Radio, make her the consummate professional and the Country's preeminent CHER impersonator. Her "Almost Cher Show" captures every aspect. It's like seeing the real Cher in concert.

The Men In Black from Marion Franklin

Ranging in ages from 52 to 89, the group never fails to captivate audiences young and old with their jazz, hip-hop and reggae stepping style. It has been said, "Their smooth moves, dapper dress and unified rhythm ... defy their ages."

Center Closed on Monday, October 9 for Columbus Day.

Senior Council Meeting

Tuesday, October 10 1 pm

Interested in seeing how the senior council works? Join us for a meeting to talk about the happenings at Dodge. We welcome any and all members of Dodge to attend.

Dodge Morning Walking Club

Mondays and Wednesdays 8:15-9 am

Come join Mrs. Holly as she heads outside to enjoy those morning walks around Dodge's trail!

Chair Volleyball



**Mondays and Thursdays
1 pm**

Come on out and join us for some chair volleyball two times a week. It's great exercise and everyone loves a little competition!

Dodge Chorus

Tuesdays 1 pm

We are always looking for new members so if you would like to sing with our Chorus. Please join us.

*Art Show "Through the Looking Glass to Wonderland"

Opens Friday, December 15

We know it's early, but we are looking for Artists to submit artwork for an **art show** that will be displayed at the **Columbus Performing Arts Center**. The Theme is **"Through the looking Glass to Wonderland"** based on Alice in Wonderland. We are looking for all types of media, painting, drawing, sculpture, mosaics and sewing. So if you love Alice in wonderland, let it inspire you to create work of art! The show will open December 15th Deadline is December 8th! So you have time to think about what you'll do! This show will coincide with Carriage Places theatrical production "Steam Punk Alice in Wonderland."

Interested in Eating Healthy?

Lisa Gibson will be taking a break during October but will return on November 30 and December 28.

Walk with the Doc

**2nd and 4th Saturday of the month 8:30-9:30 am
Saturdays, October 14 & 28**

Come out and help us represent the West Side of Columbus. Bring your walking shoes and don't forget your list of questions for the Doc!

Classes for Fall I

Walking Club	Mon & Wed	8:15 am
Warm up cardio	Mon & Wed	8:30 am
Beading	Mondays	9:00 am
Senior Fitness	Mon & Wed	9:30 am
Painting	Mondays	10:30 am-Noon
You Sew fine	Mondays	1:30-3:00 pm
Zendoodle Art	Mondays	3:30-4:45 pm
Indoor Cycling	Mon & Wed	9:30-10:30 am
Beach Volleyball	Tues & Thurs	9:00 am
PickleBall	Tues & Thurs	9:45 am
Watercolor basics	Tuesdays	9:00 am
Quilting	Tuesdays	9:00 am
Chorus	Tuesdays	1:00 pm
Chair Fitness	Tues & Weds	11:00 am
Art Journaling	Tuesdays	1:00-3:00 pm
Ceramics	Tues & Fri	1:00-3:00 pm
50+ Sewing	Tuesdays	1:30-4:30 pm
*Alice Art studio	Tues & Wed	3:00-4:45 pm
Line Dance	Wednesdays	10:00 am
Senior Abs	Wednesdays	11:30 am
Service Circle	Wednesdays	9:00 am-1:00 pm
Crochet	Wednesday	1:00-3:00 pm
Dodge Diet Club	Wednesdays	3:00-3:30 pm
Chair Volleyball	Mon & Thurs	1:00-3:00 pm
Basic Drawing	Thursdays	1:00 pm
Ceramics (hand)	Thursdays	3:00 pm
50+ Alterations	Fridays	3:00-5:00 pm

***To work on art projects for "Through the Looking Glass to Wonderland" art show in December**

Open Enrollment for Medicare

October 10 10-11 am

It will be starting soon. Please attend this informative workshop With Dan Rankin from Medical Mutual who will discuss Medicare changes in 2018 Workshop will be held in the Multipurpose room at Dodge.

Center Closed on Monday, October 9 for Columbus Day.

Annual Walking Jamboree at Smith Farms

Friday, October 6 Sign in 8:30 am; Start 9 am

Join us as we "Walk for the health of it" through beautiful Three Creeks Metro Park. We will use three trails ranging from 1 to 4 miles. There will be line dancing, hayrides and other fun activities. **Sign up for mini bus, we leave at 8 am.**

OSU Extension Service with Lisa Gibson

Friday, October 6 9:30 am

Veteran's Group

Friday, October 6 1 pm

We are calling all members of the Armed forces for a meeting of the brotherhood.

BINGO

Mondays, October 16 & 30 1 pm

Eat Better, Feel Better

Tuesday, October 10 11 am

Registered Dietitian Leonor Button, RD of LifeCare Alliance presents: **Complimentary Healthy Approaches.**

Alzheimer's Association

Tuesday, October 10

~Support Group 12:30 pm Everyone is invited.

~Private Consultations 1:30-4 pm for yourself or a caregiver; by appointment (457-6003).

Senior Recreation Council Meeting

Wednesday, October 11 1 pm

History Roundtable

Wednesday, October 11 1 pm

Albert Einstein writes to FDR October 11th, 1939: about the potential of the atomic bomb. In the letter, he argued the scientific feasibility of atomic weapons and urged the need for development of a US atomic program. Where are we now, 78 years later? Join us for a frank discussion.

Columbus Speech & Hearing

Thursday, October 19 10 am-3:30 pm

To schedule an appointment, call 261-5452.

Senior Living Truth Series

Thursday, October 19 10-11:30 am

Every 3rd Thursday of the month, New Directions Realty will present "The Senior Living Truth Empowerment Series", (SLTES) The SLTES provides comprehensive information on a variety of topics of interest to seniors and their families.

Medicare 101

Tuesday, October 31 10:45 am

Are you confused about your Medicare coverage? Eric Stevenson, President of The Compass Group will be presenting a program on Medicare. Eric has more than 35 years of experience of working with individuals.

Halloween Lunch & Party

Tuesday, October 31 11:30 am

Come in your favorite costume and join us in the monster mash, you know it was a grave yard smash.

No tickets needed, regular canteen prices apply

Then at **Noon** the party begins with games and prizes. The best costumes will win a prize.

Empty Bowls

Thurs., Fri. & Sat., November 9, 10 & 11

11 am-1 pm

Cost \$10

Help fight hunger in our community by purchasing a ceramic class handmade bowl, soup and bread. 100% of donations go to the Mid-Ohio Foodbank.

G- Clef Patriotic Concert

Thursday, November 9 12:15 pm

Everyone is welcome to join us for a special celebration honoring our Veterans with the Gillie G-Clef Chorus.

Veterans: If you would like free lunch just before the concert, please sign up at the front desk.



Holiday Bazaar & Bake Sale

Friday & Saturday, November 10 & 11

9 am – 2:30 pm

Start your holiday shopping now with our unique vendors who have assorted crafts, original art work, and special gifts on sale for you. Our famous baked goods will bring a smile to any face and don't forget our wonderful raffle. Come out with your family and friends.

(Vendors: Check to see if tables are still available. \$20 per table)

Lazelle Woods Intergenerational Center

Anna Marie Brown, Center Manager

Hours: Mon.-Fri.: 8 am-9 pm

8140 Sancus Blvd., 43081

645-5330

Monday

Fitness Fuzion	9:05-10:05am	\$27
FXP Fitness	6:15- 7pm	\$49
Dance Fit & Toning	7:10-8pm	\$23

Tuesday

Aiki Ju Jitsu and Aikido	6:30-8:30pm	\$35
Adult Pottery	7-9pm	\$10 Mtls.
Women's Self-Defense	7:40-8:40pm	\$65

Wednesday

Fitness Fuzion	9:05-10:05am	\$27
Tai Chi	1:30-2:30 pm	\$30
Yoga	6:30-7:30pm	\$35
LaBlast Line Dance	7:45-8:30pm	\$35

Thursday

Dance Fit & Toning	6:45- 7:45pm	\$32
Fundamentals of Watercolor	6-9pm	\$85
Piano Level 1	6:30-7pm	\$25 + \$3 Mtls.
Guitar Level 1	7- 7:30om	\$25

Must have your own guitar.

Friday

Zumba 45	8:15-9am	\$20
Pottery	12-2pm	\$25 + \$15 Mtls.

Saturday

LaBlast Dance Fitness	9-9:45am	\$35
Pickle Ball		\$10 for the session
Monday & Friday	8:30-10:30am	
Wednesday	1-3pm.	

Check with center or website for complete listing of classes.

COAAA Central Ohio Area Agency on Aging
3776 S. High St., 43207 **614-645-7250**

Medicare's Annual Open Enrollment Period

Medicare's annual open enrollment is **October 15th thru December 7th**. This is the time of year when Medicare beneficiaries can evaluate their current coverage to determine if there is a better alternative available for the new year. Below are some key things to keep in mind for open enrollment:

- Plans will begin mailing the Annual Notice of Change (ANOC) by the end of September. This notice informs beneficiaries of any changes that will be made to premiums, covered medications, providers, etc. It is important for beneficiaries to look for this notice and read it thoroughly.
- If beneficiaries are enrolled in a Medicare Advantage Plan (Part C) they need to check with their providers before making any changes. This is to ensure that those providers would be in the new plans network before you enroll. Providers would include primary care doctor, specialists, hospitals, skilled nursing care, etc.
- Keep in mind that Medicare Open Enrollment is not part of the new Health Insurance Marketplace. The Marketplace is for people without insurance. Medicare beneficiaries already have health insurance so this will have no effect on them. Beware of scammers who may try and sell you marketplace insurance.
- Beneficiaries who are comfortable using the computer and have access to the web can compare 2015 plan options beginning October 1st at www.medicare.gov

Remember that there are many community agencies and advocates prepared to assist Medicare beneficiaries during open enrollment. If you have general questions or would like assistance with a plan comparison you may contact the Central Ohio Area Agency on Aging (COAAA) at 614-645-7250 or the Ohio Senior Health Insurance Information Program (OSHIIP) at 1-800-686-1578.

Marion Franklin Intergenerational Center

Bryana Ross, Center Manager

645-3612

2801 Lockbourne Road, 43207

Hours: Monday - Friday 8 am - 5 pm

Center Closed:

October 9 - Columbus Day

Marion Franklin Dining Center

Lunch: Tuesday-Thursday 11 am-1 pm

LifeCare Alliance...Nourishing the Human Spirit

YMCA's Diabetes Prevention Program

Location: Marion Franklin Center

Class begins: October 4 Noon

Learn to: Eat Healthy, Stay Active, Lose Weight & Reduce Stress

How it works: The 12-month, group-based program consists of 16 one-hour weekly sessions, 3 bi-weekly sessions and six monthly sessions. The evidenced based program is led by a trained lifestyle coach and is designed to help you stay healthy, active, and prevent diabetes. *Please bring your lunch to the weekly sessions.* YMCA membership is provided to those enrolled and actively participating in the program. To qualify: Have a BMI at 25 or higher, diagnosed with prediabetes or qualifying risk factors. *This program is available through the generous support of the Ohio Osteopathic Association.* *Those diagnosed with Diabetes are not eligible. Please Register with Caroline Rankin, 614.384.2281.

Medical Mutual Representative

Monday, October 2 9-11 am Free

CareSource Presentation

Wednesday, October 4 11:30 am-12:30 pm Free

Don Robinson will be available to answers any questions you may have pertaining to CareSource.

50+ Walking Jamboree at Smith Farms

Friday, October 6 8:30 am Free

Checkmate Social/Open House

Friday, October 6 Ice Cream \$2

Curious about the Chess Program or just want to meet new people? Join us for ice cream and chess. The social is free... the ice cream is all you can eat for \$2.

Please register at the front desk.

Book Club Discussion & Social

Every 2nd Wednesday (October 11) 1:30 pm

Book: Keep Quiet **Author:** Lisa Scottoline

Free Produce: October 26 3 pm

Underground Railroad

Meets 1st & 3rd Monday of the month. 2:30 pm

BINGO 1st and 3rd Tuesdays 1-3 pm

Pokeno Wednesdays 1-3 pm

Classic 8 Ball Tournament

Thursday, October 12 4 pm Entry Fee \$1

Henrietta Lacks Day

Friday, October 13 11:30 am Free

This day will be filled with celebration, screenings and educational information.

Henrietta Lacks (born Loretta Pleasant; August 1, 1920 – October 4, 1951) was an African American woman whose cancer cells were the source of the HeLa cell line, one of the most important cell lines in medical research ever discovered. This event is sponsored by the Black Studies Group. **Register at the front desk.**

Sundaes on Monday

Monday, October 16 11:15 am-12:15 pm Cost \$3

Stop by the Center and build your own ice cream **sundae!** Lactose free options will be available. Please register at front desk.

Humana Representative

Monday, October 16 11:30 am Free

Bike Club Wednesday, October 18 9 am Free

Meet at Three Creeks Metro Park

Interested in biking? We are looking for those interested in shorter (less than 10 mile) rides. Must provide your own bike and be able to meet at location. We will also learn how to maintain and perform minor repairs. If you are interested, please contact Scott.

Senior Recreation Council Meeting

Monday, October 23 11:30 am

Marion Franklin "Fall" Flea Market

Thursday, October 26 11 am-5 pm Set-up Time 10am

Members Tables (1) \$10 (2) \$15

Non Member Tables (1) \$15 (2) \$25

Please register at the front desk for a table.

Birthday Bash Monday, October 30 11:15 am Free

Come and take a moment to recognize those who recently had a birthday. All are welcome join and participant in Bingo & free healthy snacks. Please register at the front desk up to the day of the event. Sponsored by Clear Captions and Aetna!

Health & Wellness Information:

Barbara Parker, registered nurse, is available Monday, Tuesday and Thursday from 8am-4pm and Friday 8-11am. For an appointment, please call 614-437-2927.

Arthritis Foundation Exercise Program

Meets every **Tuesday & Thursday 10 am**

Free Hearing Services Call Rachel at 261-5452.

October 3-29**Quarter Horse Congress****All staff and participants use Gate 9 to enter and exit Martin Janis.****Martin Janis Annual Halloween Bash!****Wednesday, October 25 Noon-2 pm**

Join in the fun! Come dressed in your favorite costume for our "Best Costume" contest. Bring in a pumpkin dessert and enter it in the "Best Pumpkin Treat" competition. Contests, prizes, goodies and fun for all! And don't forget to visit the Stained Glass studio for a "Stained Glass Trick or Treat."

**Healthy U!****Put Life Back in Your Life with Healthy-U****Diabetes Self-Management****Wednesdays, October 11, 18 & 25 and****November 1, 8 & 15 9-11 am Free**

People with different chronic conditions attend together. Workshops are conducted by two facilitators, one or both of whom have chronic conditions themselves, such as diabetes, arthritis or heart conditions. Note: Attendance will be required for all six sessions. Participants who complete the workshop will receive "Living a Healthy Life with Chronic Conditions, 4th edition, and Relaxation CD." First ten people to register will receive a \$5 voucher for lunch at Martin Janis (conditions apply). For more information, contact Greg Pearson at 614-645-5954.

Martin Janis Senior Council Meeting**Wednesday, October 18 10 am****Lunch served Monday-Friday; 11:30 am-12:45 pm.****Breakfast for Lunch****Wednesday, October 4 11:30 am**

Everyone loves the wonderful breakfast specials our talented kitchen staff serves up once a month!

Gregg's Health Corner

Stay Active! Now that the weather is cooling the tendency is to become more sedentary with summer activities winding down. Some of us did not take advantage of the warm weather to stay active and will sink deeper into the couch with the coming of cooler temperatures. There are 168 hours in every week and it only takes about six of those hours of moderate activity to help avoid the debilitating effects of chronic diseases like diabetes, high blood pressure, arthritis, and depression. If you find it hard to get started try cleaning the house, do some yard work, wash the car, or just take a walk. You might get inspired to go to the nearest recreation center and choose a fun activity and make some new friends. If you can change your mind to get and stay active you *will* change your body for the better!

AARP Drivers Training (call center for details).**Wednesday, October 4****United HealthCare****Monday, October 16 10 am**

Presenter, Harold Denson

CareSource**Wednesday, October 18 10 am**

Presenter, Don Robinson

Coming in November!**Empty Bowls Project****Wednesday, November 1** (call center for details)**Mobile Mammogram** (register in advance)**Tuesday, November 7 9:30 am-12:30 pm****7th Annual Holiday Craft Bazaar****Thursday and Friday, November 10 & 11****9 am-3:30 pm**

Reserve tables in advance; \$15/day.

Thanksgiving Potluck**Wednesday, November 15 \$7 or covered dish**

Sign up at the front desk with your potluck choice.

Participants must present payment upon registration for all activities with fees.



Canasta

Mondays 1:30-3:30 pm; Free; Community Room

Bid Euchre (6, 7 or 8 handed can be played)

Everyone is welcome!

Tuesdays; 12:30-3 pm; Free; Community Room

Progressive Bridge

Thursdays; 12:30-3 pm; Free; Community Room

Progressive Regular Euchre: \$2 per person

Thursdays & Fridays; Noon-3 pm; Dance Room

(Have fun and win grocery prizes!)

Captain's Table

Mondays 11:30 am-1 pm \$5



Come join us on Mondays for the best lunch deal around. With the warmer months, we will alternate between a salad and baked potato bar. Bring your appetite and \$5; and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball

Mondays, Tuesdays & Fridays

10 am-12:30 pm Beginner/ Intermediate

12:30-3:30 pm Advanced

Mondays, Wednesdays & Fridays

6:15-8 pm All Levels

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. ***Contact Mike with any questions.***

International Folk Dancing

Mondays 7-8:45 pm

Free Dance Room



Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing."

Contact the center with any questions.

Whetstone 50+ Writers: Memory to Memoirs

This group meets every 1st and 3rd Thursday of the month. ***Contact the center with questions about meeting times.***

Monthly Friday Potlucks

Friday, October 20

Noon

The senior council provides a meat dish.

No money will be taken from participants. EACH INDIVIDUAL MUST bring a dish sufficient to feed 10 people in order to participate in the potluck.

Please call the center in advance for your reservation, so we know how much food to prepare.

Classes

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including:

Wii Bowling Tuesdays 10:30am-Noon/ *Free*

(Everyone comes at this time.)

The Body Shop Workout Tues./Thurs. 3:45 pm, 4:45 pm & 5:45 pm \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass, \$150 for 30 class pass

Poetry & Prose Thursdays 1-3pm/ *Free*

Woodcarving Meets every 1st & 3rd Tuesday at 6 pm/ *Free/* Bring your own supplies.

Wood Chippers Wednesdays 9 am-Noon/ *Free/* Bring your own supplies

Open Walking- Gym M, T, Th, & F 8-9:15am/*Free*
Fearless Falling (Adult Safety Skills) Fridays 10:30-11:30am/ \$30

Gentle Yoga Wednesdays 10-11am or 7:15-8:15pm/\$50 each

See Center Class Schedule for complete class listing. **Schedules are available in hardcopy at the front counter** & can also be downloaded from either of our websites at www.columbusrecparks.com or www.whetstonepark.org. Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

Empty Bowls

Friday, November 10 11:30 am - 2 pm Cost \$10

Join us for a soup and bread luncheon to benefit to the Mid-Ohio Foodbank. Pick out a ceramic bowl to take home as a reminder of the meal's intent.

COLUMBUS RECREATION AND PARKS DEPT
1111 EAST BROAD STREET, SUITE 103
COLUMBUS, OH 43205

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Upcoming events:

Fall Harvest Jamboree	Saturday, September 30
50+ Walking Jamboree	Friday, October 6
Senior Living Festival	Friday, October 27
Fall I Session Ends	Friday October 20
Fall II Registration	October 23-27
Fall II Session	October 30-December 15

**All Centers will be closed
Monday, October 9 for Columbus Day.**

